

1. (amended) A method of installing a removable cleat to the sole of a shoe, the method comprising:
- providing a cleat having:
- a ground-engaging structure for engaging the ground; and
 - an attachment structure for removably attaching the cleat to the footwear, the attachment structure having a vertical axis, a base to which the top of the ground-engaging structure is attached, and a plurality of extensions attached to the base;
- providing a receptacle for receiving and holding the cleat, the receptacle being mounted in the sole of a shoe, the receptacle having:
- a wall defining a cavity between a receptacle top and a receptacle bottom, wherein portions of the wall extend radially inward toward a central vertical axis of the receptacle so as to define:
 - (i) a plurality of inclines within the cavity, and
 - (ii) a plurality of protuberances within the cavity, each protuberance extending radially inward toward the vertical axis further than the inclines;
 - a restraining ledge attached to the receptacle bottom and extending into the cavity so as to prevent downward movement of an installed cleat; and
 - an opening in the restraining ledge having at least three equidistantly spaced radially projecting lobes that extend radially outward from the central vertical axis of the receptacle; and
- inserting the cleat extensions through the receptacle opening into the receptacle cavity; and
- engaging the extensions above the restraining ledges so that the cleat is securely attached to the receptacle so as to resist rotational movement of the cleat.

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(amended) A removable cleat for a shoe comprising:
a ground-engaging structure for engaging the ground; and
an attachment structure for removably attaching the cleat to the footwear, the
attachment structure having a vertical axis, a base to which the top of the
ground-engaging structure is attached, and at least three equidistantly
spaced extensions projecting radially outward from the base;
wherein the extensions are adapted for insertion into a cleat receptacle in the
shoe to engage a receptacle attachment structure within the receptacle, so
that when the cleat is attached to the receptacle, each cleat extension will
be securely engaged above a receptacle restraining ledge.

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